



fresh.



\$2.00
or FREE
with purchase
of \$20 or more

home
for the
holidays
issue

TAKE THE CAKE

Treat your guests to
a rich holiday torte

page 22

www.hannaford.com
© 2009 HANNAFORD STORES, INC.

GREAT CHEESE, GREAT RECIPES

CREATE & CELEBRATE

WITH EASE

Irresistible
Lasagna

Scrumptious
Stuffed Shells

Elegant
Bite Tarts

Perfect
Creamy
Cottage

Looking for easy ways to wow your family and friends this holiday season? Get delicious recipes and entertaining tips at greatcheese.com/celebrate.



Sorrento



© 2014 Danisco North America, Inc. All rights reserved. Sorrento and President are registered trademarks of Danisco North America, Inc.



fresh

BARNFORD

Editorial: Susan O'Neil
 | Art Director: Andie Fingers

Managing
 Editor: Margaret
 O'Neil

Our Editorial Committee

Editorial: Susan O'Neil
 Margaret O'Neil

Editor: Susan O'Neil
 Margaret O'Neil

Managing Editor: Susan O'Neil
 Margaret O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

Article Editor: Susan O'Neil
 Photo Editor: Susan O'Neil
 Design Editor: Susan O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

Editorial: Susan O'Neil
 Margaret O'Neil

The Petty Company



Open for Marketing
 and Print Design Services

www.petty.com

©2011 Petty Company. All rights reserved. Petty Company is a registered trademark of Petty Company. Petty Company is a registered trademark of Petty Company. Petty Company is a registered trademark of Petty Company.

©2011 Petty Company. All rights reserved. Petty Company is a registered trademark of Petty Company. Petty Company is a registered trademark of Petty Company. Petty Company is a registered trademark of Petty Company.

©2011 Petty Company. All rights reserved. Petty Company is a registered trademark of Petty Company. Petty Company is a registered trademark of Petty Company. Petty Company is a registered trademark of Petty Company.



Recycled paper is better for the planet.



Let's face it, we love the holidays — there are lots of reasons to give thanks and lots of wonder and joy to go around. And like you, we're anticipating the juggling that goes along with all the fun. Well, when it comes to great food, we think holidays can be both wonderful and easy. Just possible, you say? Welcome to our Home for the Holidays menu.

A great holiday get-together calls for something memorable — a menu you pull out all the stops for, with recipes that add a little extra elegance to your table. In a season full of high-profile dinners, it takes a truly delicious color to stand out. Introducing "Is this 'Toss'?" (page 120) — dense, delicious, and hard to forget. And while "Toss" isn't a word we use lightly, it might just be the best way to describe the perfect holiday cocktail party "Tossing the Holidays" (page 181) has all the details, including a pinwheel of the festive appetizers you've ever made. Want to do something special for your child's birthday? Nothing says "I love you" like your homemade treats, and they're even better when you make them together. Check out "Cooking with Kids" (page 130) for more.

School, sports, job shopping — life gets on between the big events too, and Jack makes a meal with one of the most delicious solutions that will keep your holiday on schedule. Maybe you've already made plans for all those turkey leftovers (sandwiches, soups?) or maybe you're hungry for some new ideas. "Give Thanks for Leftovers" (page 164) explores the fridge for an amazing, post-holiday brunch. "Thanks to Whiskies" (page 110) serves up some delicious drinks for when you just don't have time to cook. Jump start your recipes with a hot and spicy menu wine dinner (from our Fall of course). And, for a twist on a good way to finish a party, the thing we prefer big or small — easy to make and you really can't go wrong with food on a stick. Take a dip in this month's ingredients (page 180).

Whether your holiday menu plan, take time to enjoy yourself, good company, and everything the season has to offer.

Ron Moore
 RON MOORE
 President & CEO
 Barnford Inc.

FRESH FORUM

I want to send you suggesting that you include recipes for gluten-free meals in each magazine, and you did. It has been a great help as I have a family member with celiac disease. How about diabetes? Your recipes are wonderful and I can adjust some but not many. I now have a family member dealing with it, and it is hard to cook when I try visit. Keep up the great work. Blessings to you, Melissa at melissa@glutenfreebooks.com

Q: Cooking for family members with dietary issues can be challenging. We try to include recipes in each issue that will make it easier for the whole family, including diabetics, to eat healthier. But because dietary requirements can vary so widely among individuals who have diabetes, we hesitate to specifically recommend any recipes for people with diabetes. We hope the nutritional information that we include with each recipe, and the dietary icons for gluten free and vegetarian dishes included with each issue's recipe matter, will be helpful to you as you plan your meals.

I have your first magazine. I think it is a smart way for you to get your products out there by providing people and also for people to try new things. I'm much more likely to try something new if I have some idea of what to do with it, and first provides some great ideas. For each issue I get three copies — one for myself and one each for my mother and grandmother. They live in Connecticut and don't have *Handmade* at work, so they love that they have to go through the magazine, look for new projects to try, and I get the ingredients for them as my *Handmade* and bring them the next time I visit. It's a win-win for everyone.

I'm also writing about a recipe from the July/August issue. The recipe for Blueberry Cheesecake Brownies was wonderful.

Not only did it taste great, but it was, like
and easy to prepare and makes an elegant
cake to bring to parties. When I picked
up a book of **Impassioned Wild Bites**
by **Buffy Ficht** for the recipe and
saw that you made raspberry syrup too. I
picked up a book of **other bites** I made
the **Blueberry Upside Down Cake** I made
a **Raspberry Upside Down Cake** that came
out even better. I calculated napkins.
For the blackberry and raspberry syrup
for the raspberry syrup and it came out
great! Now I have two recipes for the two-
dozen, upside down cake. Depending on
what's on season. Thanks!

The research design

I recently stopped at a hardware store on Route 9. I displayed an article on hardware from a 1928 issue of *Jack Maguire*. Is there any way that I can obtain a copy?

Charles Hammond, PhD

Tip: Thanks for your interest! Copies of that issue are no longer available, but you can find an archive of *Wired* magazine back issues and clips on [www.wired.com](http://www.wired.com/wired).

[illegible]

Please send your comments, suggestions, and labeling thoughts to feedback@hennrich.com or label@hennrich.com. Please use 1000 Portland ME 04106. We want to include your name, address, and daytime phone number (calls may be subject to length and clarity). To contact us, **Hennrich** done, **not hennrich** **costs** and click on Contact Us at the top of the page. We have Customer Service or call 800.291.9040.

ADDITIONAL INFORMATION

THE UNIVERSITY OF CHICAGO PRESS

- | | |
|--|---------|
| Siguated Soup Is a Jer | (p. 14) |
| Brownie Crumble with Almonds | (p. 17) |
| 50/50 Citrus and Mineral-Salted with
Peppery Beans | (p. 18) |
| Excessed, Stung up with Tasty
Crunchy Coconut Sauce | (p. 24) |
| Cook's United Mayhemous Cops | (p. 25) |
| 50/50 Fruit and Sweet Misting in
Honey Cops | (p. 25) |
| Midwestern Meat Protein Soup | (p. 26) |
| Shrimp, Egg, and Bacon Tofu | (p. 26) |

1000

- [illegible]

Keywords: child sexual abuse; disclosure; social support

- | | | |
|-----|------------------------------|-------|
| ☺ | Caramel Pecan Torte | p. 21 |
| ☺☺☺ | Chocolate Mini Dessert Sauce | p. 15 |
| ☺☺ | Chocolate "Lemon" | p. 10 |
| ☺☺ | Chocolate Whiskey Torte | p. 23 |
| ☺☺ | Hot Lemon Biscuits | p. 13 |
| ☺☺ | Lemon-Poppy Seed Torte | p. 24 |
| ☺ | Raspberry Muffins | p. 14 |
| ☺☺ | Sauces, Frostings, Candies | p. 16 |

Abstract: This paper reports on a study of the effects of a 12-week intervention program on the self-esteem and self-efficacy of 100 young people (aged 15-18) with mental health problems. The program was based on the principles of cognitive-behavioral therapy and was delivered by a mental health professional. The results of the study showed that the program had a significant positive effect on the self-esteem and self-efficacy of the young people. The findings suggest that the program could be a valuable tool for improving the mental health of young people with mental health problems.



1000



1. **Introduction**



1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

Want to support the community? Visit us on Facebook at [Blackboard.com](https://www.facebook.com/Blackboard.com)! (Remember, we believe in you, too!)

features

16

GIVE THANKS FOR LEFTOVERS

"Bumble bumble, all your holiday feast!"
Turn a fall bridge into a beautiful bumble.
By Kim Parker

22

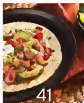
TERRIFIC TORTES

Bliss: become closer to an elegant finishing touch for any meal.
By Greg Cook and Kim Parker

28

TOASTING THE HOLIDAYS

Host a lively cocktail party with easy-to-use appetizers your guests will love.
By Liz Brown



departments

6 FOOD FOR THOUGHT

Easy party platters, grils and go-plus holiday health tips, cooking tips, plus ingredient finder. Page 6.

9 ASK THE EXPERTS

Wine, Monoc and Joe Lewis are contacted to sustainable seafood.

10 FOOD LOVERS' FAVORITES

A chef who prepared classic meals for presidents and celebrities enjoys cooking for flamenco customers.

13 COOKING WITH KIDS

Three teachers give appetizers with deliciously creative seasonal gifts.

34 FOR YOUR HEALTH

Hearty, spicy dishes will warm you up with flavor and nutrition.

38 INSPIRATIONS

Dip into our holiday recipes and create a dining experience that is both fun and fun.

41 MEALS IN MINUTES

Get a head start on dinner with delicious chicken and our easy-to-use recipes.

46 READY, SET, GO!

Hearty, satisfying meat and fish dinners can be on the table in as little as 15 minutes.

BEST RECIPE: Bites with constant flow including mainline, slow, heavy, medium, constant with flow and ultra-slow flow waves.



If all is online at bumblebumble.com for even more great recipes. If all websites don't exist entirely to your taste of food.

See this recipe in *Country House* (see page 27 for the recipe).
Photograph by Paul H. Hudson



STRAWBERRY PLATE PLATTER

Celebrations to Go

This season, have a holiday get-together that will leave you feeling festive — not bored! With Harrods' huge selection of ready-made Party Platters, you can serve up a buffet in no time. For the traditionalists, we offer platters with **fresh fruit** and a selection of fine cheeses — single cheese like Old Dutch Gouda and artisan blue cheese — or even just a few. Other classic cheeses include **prosciutto strings** with cocktail sauce and **stuffed potatoes** loaded with meat, beef, ham, and turkey. Hot and spicy **spicy chicken wings** are ready to heat and eat, seasoned to perfection in fiery pepper sauce or tangy barbecue.

For lighter options, try fresh salads made with authentic and seasoned or a **main platter** with three flavors of fishhead stacked around a generous helping of cauliflower or tomatoes. Add a **garden appetizer platter** piled high with crunchy veggies to round out a casual buffet. For guests with blemish appetites, our **healthy-but-satisfying trays** are ideal: beef burgers, macaroni and cheese, and meat and more meat balls are just a few possibilities. (Please note that each party carries a different selection; some of these items may not be available at all times.)

For dessert, serve up cream cheese biscuits, hot-date cookies, or cookies with fresh macaroons. Or try our **dessert dessert** platters made to order with your choice of any five of our nine desserts, hand-decorated with creamy sauces and rich ganache.

Just call your Harrods store two days before your party to order your choice of platters. When you pick them up, grab some paper plates, cups, and utensils and a seasonal beverage like cider or eggnog. Your party will be a breeze from setup to cleanup.

Grab-and-Go Holiday Gifts

Delicious gifts to bring home to someone in gift month are on hand. We've put together lists for some candies that melt, loads of inspirations[®] and Nature's Place[®] products with beautiful fruit. In the Produce department, there is always a pick up of Harrods' and your answer is printed in a special reusable Harrods shopping bag.



Citrus Delight

- Mixed oranges, red and white grapefruit, and guavales
- Inspirations Marmos
- Citrus Sub
- Inspirations Mandarin Orange Strawberry Sauce
- Inspirations Potting Soil and Blood Orange Vinaigrette



Tropical Treats

- Pineapple Star Fruit and Kiwi
- Inspirations Candies (Mango Summer Salsa)
- Inspirations Macadamia Luscious Delight and Miso
- Nature's Place Original Late Sugar Pineapple Fruit Preserves



Mango Time

- Mangos
- Inspirations Christmas Mango Gift Basket
- Inspirations Mango Salsa
- Inspirations Mango Chutney
- Nature's Place Mango (Mango Delight)



New England Harvest

- An assortment of apples, Granny Smith, Royal Gala, Ginger Gold
- An assortment of pears, Comice, Red Bartlett, Anjou
- Inspirations Wild Maine Blueberry Vinaigrette
- Inspirations Pumpkin Spice Bites
- Inspirations Maine Maple Marmalade
- Nature's Place Wilds Chocolate Covered Cranberries



Baking Cranberries

- Assort of cranberries
- Inspirations Baked Cranberry Sauce
- Nature's Place All Natural Cranberry Almond Butter
- Inspirations Caramel Cranberry
- Nature's Place Core Chocolate Covered Almonds
- Nature's Place All Natural Banana Chips
- Nature's Place All Natural Pineapple Rings



TECHNIQUE: TOASTING NUTS

*Note: reactions involving water can be added by a reaction as well as they can be treated as an equilibrium for the Chemical Process Tools; see page 27. Transition substances & bonds are all made.

If average value has a small amount of noise, its slope is low, it is natural to treat this as a slight change in slope and not a change in direction.

If envelope dials fail more than 75 capital runs, it is time to test them on the bench. Fit the dial into the M-2000 and install the rotor in reverse type on a timing wheel. Run for about 10-15 minutes. Follow your nose. You will start to smell badly when they're ready - check at 5 minutes. Nuts are fully fixed if you smell like a little boy, and you're not.

Eat, Drink, and Be Merry – Without the Extra Pounds

Building can be a challenge when it comes to our needs too — with so many competing needs around it's hard to keep from overbuilding too. We offer a few tips to help your next building project and create a sense of well-being.

[illegible]

- Flirt-as-we-should-mans: they keep your interest longed-for by teasing with innuendo
- Power-but-don't-use-it: he usually is the one primarily of the road often without helping. It may happen comment on how fatimid i feel food looks and the effect that went into making it



1000

- All bullets, not the smallest, pass invisible and don't block your load. Choose simple foods. Use fruits, veggies, and shrimp. Avoid sauces, grains, and oils.
- Drinking alcohol increases your sodium intake while

When making your will, you may be required to identify the beneficiaries. This is done under the heading "I give to" and is often the most difficult part of the will to complete. It is important to be as specific as possible in identifying the beneficiaries and to make sure that the names are spelled correctly.

- Be choosy about your treat: If chocolate is your weak point, have one small piece of that (it's also fine) and eat

We serve your customers by providing up 8 things you can't find anywhere else qualified, you can get only through the exclusive account.

[illegible]

- That a variable or controlled variable like quality can vary significantly over time

- Keep mapping: make a map/label of features I had yet seen back to drawing the field/survey. These were also as an apparent first purchase to keep
- Take along the city map as well as a compass around to avoid land I had entered

[INGREDIENT INSIDER:
PARSNIPS]

By Sally Kumpson

Creamy nutty parsnips look like a polar version of their close relative the carrot. And like carrots, parsnips are delicious whether adding complexity to soups, stews and stir-fries or on their own as a side dish. Parsnips that resemble root veggie as you would carrots or potatoes — baked, parboiled, steamed, roasted, stir-fried or microwaved. Parsnips are delicious roasted with a bit of butter, glazed with honey or mustard, or roasted with a mix of carrots, potatoes, leeks and onions for root veggie company. Quick-cooking parsnips for soups, stews — parsnips have more vitamin C than carrots and more vegetable protein than potatoes, and are a good source of fiber and potassium and fiber. Available year-round, hardy parsnips are usually harvested after the first frost because they are at their sweetest in cold weather; when they convert their simple starch to sugars. In hot parsnips are so sweet that baking, roasting, sautéing and steaming in broths (parsnips were used to sweeten jams and desserts). In being one of the sweetest, sweetest root vegetables, parsnips with pepper, cinnamon, nutmeg, orange zest, or a sprinkling of brown sugar.

SALMON WITH PARSNIPS
AND APPLES

SERVES 4

ACTUAL TIME: 45 MINUTES

TOTAL TIME: 1 HR 15 MINUTES

Sweet apples complement the natural sweetness of parsnips. Recipe may be halved.

4. 1/2 cup olive oil (divided)
1. small onion, chopped
1. 1/2 lb. parsnips, peeled and sliced
2. small Granny Smith or Gala apples, peeled and sliced
3. 1/2 cup butter (soft)
4. 1/2 cup freshly squeezed blackberry juice (divided)
1. 1/2 cup lemon juice
1. 1/2 cup fresh lemon juice



4. 1/2 cup olive oil (divided)
1. 1/2 lb. parsnips, peeled and sliced
2. 1/2 cup freshly squeezed blackberry juice (divided)
1. 1/2 cup lemon juice

1. Preheat oven to 350°F.

2. Heat a large nonstick skillet over high heat. When hot, add 2 tsp of the oil. Add onion and cook 3 minutes. Add parsnips, apples, salt, and 1/2 cup of the pepper. Cook, stirring occasionally, until browned, about 10 to 12 minutes. Parsnips should be fork-tender, but not mushy. Remove from heat and stir in lemon juice and lemon juice.

Transfer parsnip mixture to an ovenproof plate and place in the oven to keep warm.

3. Add remaining 2 tsp of the oil to the skillet. When hot, add salmon, skin side down, and cook over medium-high heat until the sides become opaque, about 5 to 7 minutes. Sprinkle top with the remaining pepper and turn and cook until salmon has darkened



Creamy nutty parsnips are delicious in soups, stews, and stir-fries, or on their own as a side dish.

on the outside and to still moist inside about 3 to 5 minutes.

4. Place salmon on top of the parsnip mixture and serve immediately garnished with chopped basil and lemon wedges.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 400 CALORIES, 100 CARBOHYDRATE, 100 PROTEIN, 100 FAT, 100 CALORIES, 100 CARBOHYDRATE, 100 PROTEIN, 100 FAT, 100 CALORIES, 100 CARBOHYDRATE, 100 PROTEIN, 100 FAT.

Well Schooled in Seafood

Mike Norton and Jen Levitt angle for the freshest fish, responsibly caught

BY SEVERAL BILLARD PHOTOGRAPHY • ON BEHALF OF EW

Mike Norton, Project Manager for Sustainable Seafood Harvesting shares a goal with Jen Levitt, Sustainable Seafood Program Manager for the Gulf of Maine Research Institute. They work together to make sure Hamsford's customers have access to a great selection of seafood. Increased sustainability. "Hamsford shoppers want fresh, high-quality seafood products that not only taste great but also are healthy and represent a responsible choice in terms of the environment," Mike says.

How did you get involved in sourcing sustainable fish?

MM: I come from a commercial fishing background. My dad used to operate a boat out of Portland, Maine, and I grew up catching fish on his side. We used to fish in the Gulf of Maine for cod, haddock, flounder, and mackerel.

JL: I studied wildlife ecology in the University of Wisconsin. I worked with hunters and trappers as well as the agencies regulating those activities to promote the sustainable use of renewable resources. I was excited to do the same kind of work in Maine with the fisheries industry.

What is "sustainable" seafood?

JL: Sustainable seafood is harvested at a level that enables populations while maintaining its availability for present and future generations. Well-managed fisheries use rigorous science to determine sustainable harvest levels and have mechanisms in place to ensure we don't exceed them.

What are some seafood items that have been overfished?

JL: Many people are aware that New England saw a sharp decline in cod in recent years, but not everyone knows that local fisheries have undertaken many efforts to rebuild that population. Any cod available in Hamsford represents part of the total allowable catch (TAC) for that species, which has been set low enough to allow the population to continue to grow. The use of TACs enables consumers to support local fishing industries while ensuring that fish stocks are maintained at sustainable levels. Haddock and mackerel are other species once in trouble but now doing very well.

How committed is Hamsford to sustainable seafood?

MM: We're partnered with reputable suppliers who have committed to our policy for sustainable seafood harvesting. We never source our products from unknown operations that don't adhere to regulations and don't report what they catch. We want Hamsford customers to have confidence in our ability to trace every piece of seafood sold in our store all the way back to where it was harvested.

What are the advantages to consumers of choosing local and sustainable seafood?

JL: By choosing locally harvested, sustainable seafood, consumers get the freshest and best tasting seafood available. At the same time, they'll be pumping dollars into their local economy and preserving energy and the environment by reducing "food miles," or the distance food has to travel. They'll also be exercising the power of the pocketbook to encourage industry practices that are best for the planet.

What are some of your favorite seafood dishes?

JL: I am a huge fan of codsteak, and we have some super products from the Gulf of Maine. Another local favorite is trout jumping to this area is northern brook trout. They're a little smaller, but they have a wonderful smoky taste and are a great substitute to many dishes from pan to panini.

MM: I love raw options. But my favorite is probably any cold, quickly prepped dish sprinkled with a little lemon juice. It used to not be in season all the time as it had on my shelf here. ■



The Singing Chef

John Salerno entertains with his unique blend of culinary wisdom

BY MEGHAN ROWLEY LITTLE PHOTOGRAPHY BY JEFFREY M. HARRIS



It is no surprise that "What a Wonderful Night It Is" is John "the Singing Chef" Salerno's favorite song. At 87, this senior food lover enjoys every minute of his Salerno-spiced meals at his home in Saratoga Race Course in upstate New York — not playing, but managing the breakfast buffet (his 21st season) and singing with the juke band. He also entertains residents at 10 second-floor facilities in the Saratoga area. And once a week he can be found at Hammonds Lickens 1919, where giving cooking demonstrations "I always try to use something fresh or special," says Salerno, who creates his own recipes to highlight various products. "They come in a while I let go with a song. I've been there

six years, and have a nice following."

Salerno's positive energy comes through, as does his love for sharing cooking knowledge. After a stint at the Museum, he started the hotel business in New York City's Plaza Hotel, where he took his first job as a tip cook in 1948. His culinary aptitude was soon recognized, and he was accepted into an apprenticeship program through the hotel. "The kids got a kick when I tell them, 'Pam Hilton gave me the first signed my papers,'" he quips.

Married, with two daughters, Salerno lived in Saratoga for 40 years, as a chef during the week and a road-up-come on weekends. In the early 1970s, he joined a local senior center and served as a

cooking chef for 10 years. During his 50 years in the food business, Salerno has prepared meals for three presidents (Harry Truman, Jimmy Carter, and George H. W. Bush) and cooked at Macy's Stadium in New York, at Pelham County Stadium in Atlanta for the 1991 World Series, and on French tourist yachts — and he's not counting on his calendar. Salerno's conversations overflow with anecdotes. "If you live to be my age and don't have a story for every thing, you're living a dull life," he insists.

Dull certainly doesn't describe Salerno's interaction with customers at Lickens. From singing "When You Wish Upon a Star" and announcing menu specials over the PA system to offering wine-watching tips on

dinner preparation—let's quite the showman. Customers frequently ask him for advice on holiday meals. One of his favorite favorite meats for an easy, delicious holiday dinner is a branzino stuffed with turkey. He serves them stuffed bread turkey stuffing, which he recommends enhance with champagne or sparkling. Grassy Smith applies: "They'll never leave," he declares. "It's that good."

When preparing turkey, Grassy Smith recommends branzino before cooking it. "I love it and use the bones to make a stock," he says. "Then I put the bones in one pan, the legs in another and so on. You'll have no cooking time and by separating the bones, you can serve it nice and clean to get more food."

For Thanksgiving, however, Grassy gives the more traditional route — just the fat of the turkey. He acknowledges, it seems that whole roasted turkey. Grassy does not lose of cooking at home as well as at the store during the season. On Thanksgiving, he prepares dinner for a dozen people. And no doubt he'll be serving his guests with a song, or two as he serves the bird.

GOLDEN ROAST TURKEY WITH APPLE STUFFING AND GRavy

SERVES 14

ACTIVE TIME: 30 MINUTES

TOTAL TIME (INCLUDES 10 MINUTES)

This recipe delivers a classic roast turkey, golden and moist, with flavorful stuffing and outstanding gravy. Grassy Smith says he loves it.

Note: If you're using a frozen turkey, allow enough time to thaw it in the fridge (do not thaw in room temperature, which can cause bacteria to grow). According to the USDA, the general rule is 1 full day per 4 lbs. of turkey in the fridge, for a 15 to 20 lb. turkey, it can take 4 to 5 days. As the turkey thaws, liquid will be released.

- 1 15 to 20 lb. frozen turkey
- 1/2 cup salt, sea salt
- 1/2 cup butter
- 1/2 cup (1/2 cup) dry white wine

- 2 1/2 cup (1/2 cup) minced onion
- 1/2 cup (1/2 cup) minced onion
- 1/2 cup (1/2 cup) minced onion
- 1/2 cup (1/2 cup) minced onion

1. Preheat oven to 350°F

2. Remove giblets and neck from turkey. Rinse turkey and pat dry with paper towels. Season inside of turkey by rubbing with salt. Set aside.

3. Prepare stuffing. Place onion in a large pot. Slice onion into 1/2 inch slices. Add 1/2 cup (1/2 cup) water. Bring to a boil over high heat. Stir in stuffing mix and onion. Cook for 10 minutes. Add 1/2 cup (1/2 cup) of the butter in a large non-stick skillet over medium heat. Cook and stir the apples and slightly undercooked 5 minutes. Then mix into the stuffing. Fill the cavity of the bird with the stuffing. If you have more stuffing, transfer it to an oven-safe dish and cover with foil or a lid. Bake the extra stuffing for 1 hour at 350°F.

4. Fold the wings under the body and tie with butcher's twine, tuck the legs close to the body. Rub 1/2 cup (1/2 cup) of the butter over the outside of the turkey. Place turkey in a

large roasting pan on a roasting rack. Cook for 1 1/2 hours, then pour broth into the pan. Cook for 1 to 2 more hours, basting every 30 minutes. When the center of the stuffing reaches a temperature of 160°F (use a meat thermometer or an instant-read thermometer to check), the turkey is done. 5. When turkey is done, remove from oven and rest with aluminum foil for 30 minutes. Prepare the gravy. Skim fat from the pan drippings and discard. In a medium saucepan, melt the remaining 1/2 cup butter over medium heat. Whisk in the flour until smooth. Heat and measure to bubbling. Gradually whisk in the pan juices to make gravy. Whisk until smooth, then remove from heat and transfer to a gravy boat.

6. To serve turkey, remove each breast from the bird, then slice thin. Remove legs and thighs from turkey. Cut the meat away from the bones and transfer to a serving platter. Serve the wings for soup or another use. 7. Remove the stuffing from the cavity to a serving bowl. Serve platter of sliced turkey with stuffing and gravy boat on the table.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (1/14th): 150 CALORIES, 10 CARBOHYDRATES, 100g PROTEIN, 10g FAT, 10g SODIUM, 10g CHOLESTEROL, 10g FIBER, 10g SUGAR

APPROXIMATE NUTRITIONAL VALUES PER SERVING (CHICKEN AND QUARTER): 150 CALORIES, 10g CARBOHYDRATES, 10g PROTEIN, 10g FAT, 10g SODIUM, 10g CHOLESTEROL, 10g FIBER, 10g SUGAR

BROCCOLI FLORETS WITH ALMONDS

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

Chef Salinas says the secret to broccolini vegetables is to cook them in chicken broth. Recipe may be doubled or halved.

- 1 1/2 cup (1/2 cup) chicken broth
- 1/2 cup (1/2 cup) chicken broth
- 1/2 cup (1/2 cup) chicken broth
- 1/2 cup (1/2 cup) chicken broth



PHOTO: JEFFREY M. HARRIS

FOOD LOVERS' FAVORITES

- A. Use salt or to taste
- B. Use freshly ground black pepper
- C. Temp. clarified butter
- D. Use sliced almonds

1. In a large saucepan, bring broth to a boil over high heat. Add broccoli; cover, reduce heat to medium, and simmer for 5 to 6 minutes until broccoli is fork tender. Drain and reserve broth for another use. Transfer broccoli to a serving bowl and dust with salt and pepper.

2. Melt butter in a small skillet over medium heat. Add almonds and cook until lightly toasted, about 2 to 3 minutes. Remove from heat. Top broccoli with the almonds and serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
40 CALORIES; 60 CARBOHYDRATES; 50 PROTEIN; 10 FAT; 10 TO 150 MILLIGRAMS CHOLESTEROL; 100 MG SODIUM; 25 FIBER

CHOCOLATE SALAMI

SERVES 14

ACTIVE TIME 30 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

Use this rich chocolate-covered delicacy if it's snaffled like macaroni mixed with almonds and coffee crumbs. When cut into slices it resembles salami. Salami would serve this as well as using David Mamet instead of vanilla extract. Recipe may be federal and may be frozen.

- 1. 80- to 1-pg. unsweetened chocolate chips
- 2. cup of extra-virgin olive oil
- 3. 1/2 cup vanilla extract
- 4. 1/2 cup 1% of a 1/2 cup 1% vanilla extract
- 5. 1/2 cup 1% of a 1/2 cup 1% vanilla extract
- 6. 1/2 cup 1% of a 1/2 cup 1% vanilla extract

Whipped cream (optional garnish)

Strawberries, halved (optional garnish)

Note: If you're using a food processor, use a food processor to make the chocolate chips.

1. Melt chocolate using a double boiler or a small bowl or saucepan that will sit on top of a medium saucepan. Fill the bottom pan halfway with water. Place chocolate and butter in the top pan. Heat the water over



medium-low heat so that the water is fairly steaming. Gently stir the chocolate and butter once about 1 minute. The chocolate should melt slowly — it should feel barely warm to the touch. Stir every minute or so until about 80 percent of the chocolate is melted (about 8 to 10 minutes). Remove top pan from the heat and let it cool off the chocolate and butter have melted and the mixture is smooth. Stir in the vanilla, vanilla extract, and almonds.

2. Put the parchment-lined metal saucepan to slightly less, about 5 minutes.

3. Spray a large sheet of plastic wrap with vegetable cooking spray. Spread the chocolate mixture evenly along one long side. Roll it into a log shape about 2 1/2 to 3 inches in diameter and 10 to 12 inches

long. Place wrapped log in freezer until fully firm at least 1 hour or overnight.

4. Remove chocolate log from freezer 2 hours before you plan to serve. Cut log into 14 slices. If desired, garnish with whipped cream and strawberries and serve with berry syrup on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
200 CALORIES; 100 CARBOHYDRATES; 50 PROTEIN;
100 TO 150 MILLIGRAMS CHOLESTEROL;
1000 TO 1500 MG SODIUM; 25 FIBER

Do you have a favorite recipe? Please share it! You could be featured in Food Lovers' Favorites. Just email us at: foodlovers@thechefed.com

Holiday Gifts with Class

Show your appreciation for teachers with creative homemade treats

BY KIMBERLY WAYOME PHOTOGRAPHS BY HEATH ROBBINS

Remembering teachers with homemade holiday gifts gives children a chance to express their appreciation, then return from making a beautiful gesture of thanks and good wishes — and it's also a lovely way to show teachers that you value their work with your children. When the preparation actively involves the kids, they'll discover the joy of creating a delicious homemade treat for someone special.

It's important to keep transportation in mind as you plan those holiday gifts. Sealed treats and securely packaged items can travel to school with little wear and tear. We've created three no-spill transport recipes. Each makes enough for five gifts.

Two of our gift recipes are beautiful alternatives to the abundance of seasonal treats. Alphabet Soup is a jar looks impressive — and kids especially enjoy learning the colorful ingredients. "Get Smart" Granola Bars are packed with wholesome oats, dried blueberries and flax seeds. And there's always room for chocolate. Chocolate Mint Dream Bars is a pure indulgence that teachers (and kids!) will enjoy.

"GET SMART" GRANOLA BARS

YIELD: 10 GRANOLA BARS
ACTIVE TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES, 10 MINUTES (COOKING TIME)

These healthy treats are made with dried blueberries, which deliver a dose of antioxidants, and flax seeds, which provide omega-3s for better health. Many and more, these granola bars are good — and good for you.



GET SMART! GRANOLA BARS

What Kids Can Do

- Measure and add the dry ingredients
- Stir together the wet and dry ingredients
- Press the mixture into the baking pan
- Wrap the tin bars

1. Bake and cool granola bars.
2. Mix dried blueberries, flaxseed, the Oatmeal & Raisin mix.
3. Refrigerate the mixture.
4. Cut into 10 bars.
5. Wrap the bars.
6. Top granola bars.
7. Top granola bars.

8. Cut granola bars into 10 bars.
9. Cut the bars into 10 bars.
10. Cut the bars into 10 bars.
11. Cut the bars into 10 bars.
12. Cut the bars into 10 bars.
13. Cut the bars into 10 bars.
14. Cut the bars into 10 bars.
15. Cut the bars into 10 bars.
16. Cut the bars into 10 bars.
17. Cut the bars into 10 bars.
18. Cut the bars into 10 bars.
19. Cut the bars into 10 bars.
20. Cut the bars into 10 bars.
21. Cut the bars into 10 bars.
22. Cut the bars into 10 bars.
23. Cut the bars into 10 bars.
24. Cut the bars into 10 bars.
25. Cut the bars into 10 bars.
26. Cut the bars into 10 bars.
27. Cut the bars into 10 bars.
28. Cut the bars into 10 bars.
29. Cut the bars into 10 bars.
30. Cut the bars into 10 bars.
31. Cut the bars into 10 bars.
32. Cut the bars into 10 bars.
33. Cut the bars into 10 bars.
34. Cut the bars into 10 bars.
35. Cut the bars into 10 bars.
36. Cut the bars into 10 bars.
37. Cut the bars into 10 bars.
38. Cut the bars into 10 bars.
39. Cut the bars into 10 bars.
40. Cut the bars into 10 bars.
41. Cut the bars into 10 bars.
42. Cut the bars into 10 bars.
43. Cut the bars into 10 bars.
44. Cut the bars into 10 bars.
45. Cut the bars into 10 bars.
46. Cut the bars into 10 bars.
47. Cut the bars into 10 bars.
48. Cut the bars into 10 bars.
49. Cut the bars into 10 bars.
50. Cut the bars into 10 bars.
51. Cut the bars into 10 bars.
52. Cut the bars into 10 bars.
53. Cut the bars into 10 bars.
54. Cut the bars into 10 bars.
55. Cut the bars into 10 bars.
56. Cut the bars into 10 bars.
57. Cut the bars into 10 bars.
58. Cut the bars into 10 bars.
59. Cut the bars into 10 bars.
60. Cut the bars into 10 bars.
61. Cut the bars into 10 bars.
62. Cut the bars into 10 bars.
63. Cut the bars into 10 bars.
64. Cut the bars into 10 bars.
65. Cut the bars into 10 bars.
66. Cut the bars into 10 bars.
67. Cut the bars into 10 bars.
68. Cut the bars into 10 bars.
69. Cut the bars into 10 bars.
70. Cut the bars into 10 bars.
71. Cut the bars into 10 bars.
72. Cut the bars into 10 bars.
73. Cut the bars into 10 bars.
74. Cut the bars into 10 bars.
75. Cut the bars into 10 bars.
76. Cut the bars into 10 bars.
77. Cut the bars into 10 bars.
78. Cut the bars into 10 bars.
79. Cut the bars into 10 bars.
80. Cut the bars into 10 bars.
81. Cut the bars into 10 bars.
82. Cut the bars into 10 bars.
83. Cut the bars into 10 bars.
84. Cut the bars into 10 bars.
85. Cut the bars into 10 bars.
86. Cut the bars into 10 bars.
87. Cut the bars into 10 bars.
88. Cut the bars into 10 bars.
89. Cut the bars into 10 bars.
90. Cut the bars into 10 bars.
91. Cut the bars into 10 bars.
92. Cut the bars into 10 bars.
93. Cut the bars into 10 bars.
94. Cut the bars into 10 bars.
95. Cut the bars into 10 bars.
96. Cut the bars into 10 bars.
97. Cut the bars into 10 bars.
98. Cut the bars into 10 bars.
99. Cut the bars into 10 bars.
100. Cut the bars into 10 bars.

Cooking with Kids

players and referees. This will greatly

- 3 In a non-stick, anti-bowl combine the almond butter, butter, brown sugar, and honey. Heat for 1 minute and mix well. Heat for another 30 seconds, mix well, and repeat if necessary until mixture is uniform and smooth. Stir in vanilla extract and almond extract if using.
- 4 Roll the batter mixture in the oats and mix thoroughly.
- 5 Sprinkle one of your hands with vegetable cooking spray and firmly press the granola into the prepared pan. This step is very important because it ensures that the bars will stay intact and won't crumble after baking. Use the back of a soup spoon to press down as firmly as possible and smooth the surface. Bake for 10 to 18 minutes, until the edges are just golden. Watch very carefully in the end, as the granola gets brown just right to cook them quickly. It will turn brown good quickly, but the nuts are done and moist crumbly.
- 6 Let moisture and in the pan on a wire rack for 1 hour. Then use the foil edges to lift the granola and gently flip over onto a cutting board. Peel off foil. Leave crumbles in the granola. Wash with a damp cloth. Use two 24-inch "Wop-individually in wop paper" and now in an single container. To package stack 6 bars together, wrap in a cellophane bag and tie with a ribbon. Or pack in a container with a lid and top with a bow. Have kids write the ingredients list on an index card and include a wop the nucleus



Product name: "Red Smart" glasses

Bars are filled with healthy goodness. Anthocyanins (the pigments that make blueberries blue) are powerful phytonutrients only with a riboflavin and iron-rich monoglycine structure. Plus berries contain high amounts of vitamin C, which promotes heart health. Linoleic Acid, Omega-3 fatty acids, paired with fiber (from the pulp), are truly magnificent. If bar is essentially balancing blood sugar and reducing cholesterol. So, berries are a must.

[illegible]

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

FIELD # ID COUNTRY JARS DPT TOUR MTH
EACH JAR SERVES 8 WHEAT PROTEINS
AC TWO TMR. 40 GROUND IN
FRESH, TASTY, 1 HOUR, 2% BAKING,
AND THE COLORED SODA

This layered mix needs only water and a little time on the stove before soup is served. You'll need 4 (1 quart) serving jars with lids available on the Garden side.

Warning: If you want to taste quick-cooking lentils, use a recipe that calls for cooking them in a pressure cooker.

Age Group	Total	Male	Female	Male	Female
18-24	28%	28%	28%	28%	28%
25-34	22%	22%	22%	22%	22%
35-44	18%	18%	18%	18%	18%
45-54	12%	12%	12%	12%	12%
55-64	8%	8%	8%	8%	8%
65+	5%	5%	5%	5%	5%

- Costs are divided between two main categories:
 - Manufacture and design expenditures
 - Development and testing expenditures
- Decreases the resulting uncertainties tag
- The resulting uncertainties tag is the per
 - Phase 3 exp-updates on each of 4 separate phases, manufacturing stage and final test work a few test simulations that re-estimate our uncertainty risk
 - Use up to 4 C1-quantal phase pass. The cost goes up as the more likely considering no failures

3. Tear holes.
4. **Tag spray (split peas)**
5. **Tag: vegetable soup mix**
 - 1 #2 quart box medium Puree chicken bouillon (thick, like contents of 4 8 packets)
6. **Tag: lentils**
 - A. **Tag: dried lentil varieties**
 - A. **Tag: dried lentils**
 1. Tag: lentil soup mix
 1. Tag: garlic powder
 6. **Tag: freshly ground black pepper**
 1. Tag: celery seeds
 6. **Tag: yellow split peas**
 1. **Tag: splattered olive-oil tomatoes**

3. Place one meal bag of peas on top and seal each jar with a lid. At each cooking instructions (see below).

COOKING INSTRUCTIONS FOR ALPHABET SOUP

SERVES 4
ACTIVE TIME: 5 MINUTES
TOTAL TIME: 45 MINUTES

- Q. **Tag: water**
 1. **Tag: Alphabet soup mix**

1. In a large pot, bring water to a boil over high heat.

2. Remove bag of alphabet peas from the jar and jar under. Pour remaining contents of the jar into the boiling water. Stir well.

WRAP IT UP

Can't get to your postcard place (or will be) with you? Here's how to package yours and more, while taking peas on the journey. (Instructions: tags on top of peas.) Plastic food storage containers with more tags or tags on the mix work well. Also, you decorate these containers with permanent markers. Draw a paper lunchbox on an easy way to wrap a gift box. The stickers - tags can decorate the tags as well, resulting in your signature gift tags with markers, markers, paint, sticker stickers, and the stamps. Simply fold the tag down and seal with a sticker, or tie the tag closed with a ribbon. Remember to include a handmade card.

and cover. Layer heat seal markers for 20 to 25 minutes on each side. The peas and lentils are sealed, stirring occasionally. 3. Add the alphabet peas and jar. Cook uncovered until peas are cooked through, about 5 to 8 minutes. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (10 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN, 10% FAT, 10% SOLUBLE, 10% CHOLESTEROL, 10% SODIUM, 10% FIBER).

CHOCOLATE MINT DESSERT SAUCE

PREP: 4-5 MIN. 1 BARS
B: 12 Tbsp SERVING PER Jar
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR (INCLUDE COOKING TIME)

This sauce is dense, over the cream on sugar food cake. It's also easy without the cream. You'll need 4 (1-oz) jolly jars available on the Gadgets with include a note saying that the sauce must be kept refrigerated. Recipe may be boiled and may be frozen.

What You Can Do

- Measure and mix together cream base
- Measure chocolate chips and stir them into the cream base
- Measure and stir in vanilla
- Mix in labels for jars

1. **Tag: unsweetened cocoa powder**
1. **Tag: sugar**
1. **Tag: hot tap water**
1. **Tag: light cream spray**
3. **Tag: unsweetened chocolate chips (10-oz)**
1. **Tag: vanilla extract**
1. **Tag: peppermint extract, or to taste**

1. In a medium microwave safe bowl, whisk together cream, sugar, hot water, and cream spray until evenly blended. Whisk gently at first, as cream powder can be lumpy. Microwave on high for 5 minutes and whisk again. Heat for an additional 45 seconds until mixture is scolding hot and smooth.

2. Add chocolate chips to the cream mixture and stir until they begin to melt, about 1 1/2 minutes. Microwave the sauce for 30 seconds. Stir well and add the chocolate bar melted and mixture is smooth. Heat for a few more seconds if needed. Stir in the vanilla and peppermint extract.

3. Divide sauce among 4 (1-oz) glass jolly jars.

4. Place lids on jars after filling with sauce.

5. Allow sauce to cool to room temperature about 45 minutes then refrigerate until needed. Prepared sauce can be stored in a sealed container, refrigerated, for up to 2 months. Cold sauce will be quite thick; allow on the microwave for 10 to 30 seconds on high before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (10 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN, 10% FAT, 10% SOLUBLE, 10% CHOLESTEROL, 10% SODIUM, 10% FIBER).



home
for the
holidays
issue

Pulling
together
a hearty next-
day brunch
is easy

give thanks for leftovers

BY NERI FISHER • PHOTOGRAPHS BY HEATH ROBBINS

A LOT OF PREPARATION goes into your big Thanksgiving dinner. There's the chopping, brining, marinating, sautéing, and roasting—all for a meal that's over too quickly. But then comes your reward: an abundance of delicious leftovers.

Chef John Salsano, featured in this month's "Food Lover's Favorite" (page 16), adds to the term "leftovers"—he prefers "remixed portions." But no matter what you call them, a refrigerator packed with pounds of cooked turkeys, vegetables, and potatoes is an opportunity for more great meals. And enjoying your Thanksgiving dinner for *double duty* as a hearty (but brunch-worthy) meal will let you're entertaining a household of guests.

Start with a salad that makes the most of seasonal fruits and vegetables—cucumbers topped with oranges, grapefruit, and kiwi. This light salad is a refreshing balance to the hearty meal to follow. Next, try our modern take on a classic breakfast hash that uses leftover turkey and stuffing. The hash is savory and rich, brightened with fresh herbs. Serve it with a traditional Spanish tortilla. Similar to a frittata, a Spanish tortilla is an omelet loaded with or subtly layered potatoes. Here, it's flavored with tangy goat cheese and marjoram. For a sweet touch, whip up a batch of sweet potato scones, moist baked treats flavored with the rich spices of autumn. You can make them with fresh sweet potatoes or leftover casseroles (with or without marshmallows). Top off the meal with hot second coffee or chai tea and lots of strong coffee. (See "Branch Beverages" on page 21.)

Since this menu uses so many leftovers, prep work in the morning will be a breeze.



Abstract

Leftover sweet potatoes (cooked or as a casserole) make for nice, easy snacks. Chopped sweet potato puree works too. Bananas can be baked and used for bread.

- Ph. *sage all purpose flour*
- (1) *sage rub in whole wheat flour*
- Ph. *sage light brown sugar packed*
- (1) *light granular sugar*
- Ph. *fine granular cinnamon*
- 1 *fine baking powder*
- Ph. *fine splitting seeds*
- Ph. *fine salt*
- Ph. *sage packet or bottled yeast*
substitutes
- Ph. *sage cornstarch*
- (1) *sage reduced fat margarine*
- 1 *egg, yolk*

1000

4. Prepare the glass in a small bowl containing condensation water and



Immense relief is felt around America for dry goods and General Supply-Put Single Maltie fall with a frustration dry style that evokes the flavors of the Turkey and the Turkey. Woodbridge by Robert Mondavi Sauvignon Blanc has the herbal notes and spicy acidity reminiscent of Turkey. In the past, the superior quality of the Hopper Cellars, Ltd. Howard Woodbridge watches over his vineyard.

cream. Add the buttermilk and mix until smooth. Drizzle glass over warm waffles. Serve hot and warm, or at room temperature.

APPROXIMATELY 10,000 TONS OF WASTE PER MONTH
200 CALORIES AND CARBOHYDRATES AND PROTEIN
FOR THE 10-12 MONTHS AND 12-15 MONTHS.
TWO TONS OF 10 TONS

Figure 1 consists of five bar charts arranged in two rows. Each chart represents a different level of agreement with the statement 'The government should do more to help people who are struggling financially'. The y-axis for all charts is 'Percentage of respondents' ranging from 0 to 100. The x-axis for each chart is 'Level of agreement' with categories: 'Strongly agree', 'Agree', 'Disagree', and 'Strongly disagree'. The data is as follows:

Level of agreement	Strongly agree	Agree	Disagree	Strongly disagree
Strongly agree	85%	10%	5%	0%
Agree	75%	20%	5%	0%
Disagree	65%	25%	10%	0%
Strongly disagree	55%	30%	15%	0%

No believe here — the fresh flowers of
cane-and grass nearly balance the branch
table. Decor may be added.

2. *rest grapefruit*
3. *Added oranges*
4. *Use thin sliced funnel brocolli stalks*
5. *Topp finely-chopped fresh parsley*
6. *Topp orange juice*
7. *Topp grapefruit juice*
8. *Topp olive oil*
9. *top salt*
10. *1/2 tsp. freshly ground/black pepper*
11. *CR on / long Picture's Place™ Baby Arugula*
12. *Cut watercress: larger stems removed*
13. *Topp: sliced onion cheese*

4. Propose gupalineae. Cut in half and use a toothpick to cut each half segments from the tough membranes. Place segments on a medium-size bowl. (If desired, use the pointy end behind as the stem.)





SPINACH ORANGE SALAD

If you've been avoiding oranges because you're afraid to eat a bitter tart, know that the young, tender leaves are more peppery than bitter. And this green is loaded with antioxidants, calcium, folate and vitamins A and K. Look for small leaves or packages labeled "baby orange" for the best flavor. If you still find it too strong, try blending it with other salad greens, like red or green leaf lettuce or mustard mix.

2. Peel the oranges. Segment the segments, cut each into 2- or 3-piece, and add to grapefruit. Add honey and poultry and stir to mix.

3. In a large bowl, whisk together orange juice, grapefruit, pure olive oil, salt and pepper. Add arugula and watercress and toss to combine. Spread on a large platter.

4. Arrange orange grapefruit mixture on top of greens. Garnish with Arugula-throat and serve immediately.

APPROXIMATELY 150% OF DAILY VALUE FOR VIT. C
UNUSUALLY HIGH IN CALCIUM AND CAROTENOID
NO FIBER OR CHOLESTEROL
LOW CHOLESTEROL, NO FIBER

TURKEY VEGETABLE HASH

Serves 5

Active Time 30 minutes

Total Time 25 minutes

Hash is traditionally made from leftover, usually finely sliced meat and some kind of starch, often potatoes. It's the perfect

day after Thanksgiving dish — stuffing can stand in for potatoes and leftover vegetables add crunch. Try making it with leftover Roasted Potatoes with Almonds (see page 11). Recipe may be halved and may be frozen.

1. Tbsp. canola oil
- 1 medium onion, sliced
- 2 cups cooked stuffing
- 2 cups cooked vegetables, such as broccoli, carrots or parsnips
- 4 cups diced cooked turkey, turkey lettuce or dark meat, or both

2. Top: chopped fresh tomatoes for 2 hrs ahead
3. Top: chopped fresh parsley
4. scallions, thinly sliced
5. top salt, oil to taste
6. top freshly ground black pepper
7. top prepared crumbly cheese (optional)

1. First roll in a large, nonstick skillet over medium-high heat. Cook onion for 5 minutes; oil until lightly browned and soft. Add scallion, vegetables, and cooking oil and pour in an even layer. Cook, stirring on occasionally, until browned and crisp throughout, about 10 minutes.

2. Set in rhyme: parsley scallions, salt and pepper. Serve immediately, with crumbly cheese on the side, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 170 CALORIES, 50% CARBOHYDRATE, 15% PROTEIN,
 35% FAT (20% SATURATED), 5% MONOSATURATED,
 10% POLYUNSATURATED

SPANISH TORTILLA

SERVES 4

ACTIVE TIME: 30 MINUTES
 TOTAL TIME: 40 MINUTES

A Spanish tortilla is essentially a potato omelette often served at room temperature. Using a mixture of whole eggs and whole eggs yolk and oil and cholesterol without sacrificing flavor, if you're making a good potato for Thanksgiving, find a few extra and keep them whole (refrigerated). Then place in a hot oven.

1. Spanish tortilla or Potato Tortilla (optional)
 (optional potato tortilla) potato and
 about 4 inches thick



1. Top: olive oil
2. medium onion, sliced
3. eggs
4. egg whites
5. top salt
6. top freshly ground black pepper
7. top salt (about 1/2 tsp)
8. Top: fresh-chopped vegetables for 1 hour ahead

1. In a large pot, cover potatoes with cold water and cook over medium-high heat until evenly browned with a knife, about 15 minutes. Drain well.

2. Preheat oven to 400°F. Whole potatoes

are cooking, first roll in a large nonstick, ovenproof skillet over medium-high heat. When oil is hot, cook onion for 5 minutes until softened and translucent.

3. In a large bowl, lightly beat eggs and egg whites with salt and pepper until well combined but not too foamy. Add potatoes, onion, and vegetables and mix to combine.

4. Pour egg mixture into pan with the onion, pouring mixture into an even layer with a spatula and shaking gently to prevent sticking. Reduce heat to medium and cook until golden brown on bottom and sides in about 10 minutes. Place skillet in oven and cook until tortilla is completely set, about 5 minutes.

5. Gently loosen from pan. Place a serving plate over the skillet and invert the tortilla onto the plate. Serve warm or at room temperature, sliced into wedges.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (EXCLUDING THE CARBOHYDRATE): 150 CALORIES, 10% PROTEIN, 50% CARBOHYDRATE, 40% FAT (20% SATURATED, 10% POLYUNSATURATED)

Keri Foster has written for *Savory*, *Flare*, *Cooking*, *Country*, and *Cook's Illustrated*.

SPANISH POTATOES

Hot, drizzle with the fat and oil of olive for a cold, medium-sized, in addition to the usual potato and oil, try these Spanish potatoes.

- **Chili hot:** Bring 2 parts water and 1 part milk to a boil and add a mix of chicken stock, chicken stock, about 1/2 cup (1/2 cup) whole olive, and whole fresh parmesan. Add 1/2 cup of olive stock for each cup of milk and simmer over low heat for 4 minutes. Remove the bags and drain the liquid into a bowl. Serve hot, with a choice of sugar or honey.
- **Medium cold:** Add chicken stock and whole olive stock to a pot of water, bring to a boil, cover, and simmer for 5 minutes. Season with a dash of salt.



Elegant desserts for
your holiday entertaining
and beyond

terrific tortes

BY GREG CASE AND REBE FISHER PHOTOGRAPHY BY MAURA BEYER

A special category of cakes, tortes are dense and packed with flavor. Torte is the German word for cake, but in English it describes a European style of cake that uses ground nuts or bread crumbs to place a foundation of the torte. Tortes are also defined by the generous layer of repeated eggs—the yolk provides richness while the whipped whites add lift. These sumptuous cakes can be served in bite-size slices or as a centerpiece for elegant holiday desserts.

Fortuitously named, unfortunately, but they're actually much more practical than traditional flour cakes. The porous bread crumbs absorb the liquid, creating a cake that's exceptionally moist. And the ground nuts also help retain moisture, ensuring the torte will stay fresh for several days. In fact, many tortes actually get better after sitting a day or two.

The most popular style of torte on this side of the Atlantic is probably some variation of chocolate, but there are numerous styles and flavors. Here we offer a full dessert buffet that shows the range and variety in the torte realm: single-layer and quail-layer, with or without toppers. The Chocolate Whiskey Torte is rich and dense, rich in flavor and texture. The Lemon Poppy Seed Torte, baked in a tube pan, is moist like a coffee cake. The Caramel Pecan Torte, for fans of pecan pie, is a double layer of peach-filled cake with a sweet caramel frosting. The Raspberry Che Torte is triple-layered, bound with raspberry jam and whipped cream. With these four very different tortes, you'll be ready to please all your holiday guests.

CHOCOLATE WHISKY TORTE

SERVES 16

ACTIVE TIME 20 MINUTES

TOTAL TIME 3 HOURS INCLUDING CHILLING TIME

This torte is a classic — rich and dense with sharp chocolate flavor. It's easy to serve in small slices, a little for guests to enjoy. The torte is firm and fluffy when stored right from the refrigerator, which some people like. If you prefer a softer, creamier texture, let it sit at room temperature for 1 hour before serving. May be frozen.

Notes

1. Topp: unsweetened cocoa powder
2. DRY CRUSTS or GINGER
3. WHISKY
4. egg whites or Fluffy™ Organic Separated Whites (AMERICAN) (finely ground)
5. egg all-purpose flour
6. egg unsweetened chocolate (chopped about 1 1/2 cups)
7. Topp: unsalted butter cut into 10 pieces
8. eggs separated
9. egg sugar

Steps

1. Top 1/2 of unsweetened butter (cut into 4 pieces)
2. egg unsweetened chocolate (chopped about 1/2 cup)
3. egg unsweetened chocolate (chopped about 1/2 cup)
4. egg light corn syrup
5. egg (beat 4 yolks in a bowl and add 1/2 cup sugar)
6. whipped cream (optional garnish)

1. Preheat oven to 325°F. Spray a 9-inch round cake pan, flared pan, or tube pan with nonstick cooking spray and dust with the cocoa.
2. Prepare the torte: In a small bowl combine the cocoa or cocoa and whisky. In a separate small bowl combine the ground chocolate and flour.
3. Place chocolate and butter in a medium bowl and heat in the microwave on high for 80 seconds. Stir. Then heat on 20-second increments, stirring, until chocolate is melted. Be careful not to overheat.

PREP PINTER: PEACH CRUMBS

The bread crumbs used for many tortes should be dried and finely ground. You can use your dried fruit. Crumbs for this recipe can be from a package or made just from 100 percent whole grain bread. Just put the bread in a food processor and grind. If you have only fresh bread, your crumbs are flakey. If you have time, leave the bread out overnight. If not, toast it lightly and let it cool the entire 24 hours. Avoid high heat, which will darken the bread and impart a strong flavor; if you want to use quick (4-ingredient) bread crumbs, grind them finely in the food processor first.

Alternately heat on the top of a double boiler until just melted.

4. In a large bowl, use an electric mixer on high speed to whip egg whites in a stiff peak, about 2 to 3 minutes. Do not stop.
5. In a separate bowl, whisk egg yolk and sugar with an electric mixer on high speed until thick and light, about 3 minutes. Stir in the chocolate mixture and mix to combine. Add the wet mixture and the cream or more mixture, stirring well after each addition. Using a rubber spatula, gently fold 1/3 of the egg whites into chocolate mixture until just combined. Fold in remaining whites until no areas of white are visible.
6. Pour the batter into the prepared pan and bake until set, 30 to 35 minutes. Cool in the pan to room temperature, about 20 minutes, then refrigerate until cold or freeze 2 hours.

To remove from the pan, fill with water on each side of very hot tap water. Dip pan so the water comes halfway up the sides, then gently run a

knife around the perimeter of the cake and transfer to a serving plate. Let an in-room temperature for about 30 minutes before plating.

3. Prepare the glass: In the top of a double boiler, combine butter, fresh chocolate, and corn syrup. Heat and stir over simmering water until ingredients are just melted and combined. Pour all the glass onto the center of the cake. With the back of a spoon, gently spread glass in an even layer, pushing away over the edges to cover the sides. When cake is evenly glassed, refrigerate until set, about 2 hours. Some chilled or at room temperature, garnished with dried strawberries and whipped cream, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (EXCLUDED): 120 CALORIES/100g. 10g FIBER/10g. 10g CARBOHYDRATE. 10g CHOLESTEROL. 100g SUGAR/10g. 10g SODIUM.

RASPBERRY RYE TORTE

SERVES 16

ACTIVE TIME 45 MINUTES

TOTAL TIME 1 HOUR 45 MINUTES

This may sound like an odd combination of ingredients, but the flavors meld perfectly. Whipped cream doesn't hold up well over time, so don't assemble the cake until you're ready to serve it. Note that the whiskies are not cooked — a cooking booze can alter acidity.

3. 1/2 cup raspberries (optional)
1. 1 cup brown sugar
1. 1 cup brown sugar
1. 1 cup brown sugar



WINE

The deep black cherry and vanilla flavors of Louis 13 Merlot become a subtle, elegant background with complex notes like chocolate, honey, and vanilla. The wine is fully integrated into the torte, and the chocolate and vanilla flavors are not lost. The wine is fully integrated into the torte, and the chocolate and vanilla flavors are not lost. The wine is fully integrated into the torte, and the chocolate and vanilla flavors are not lost.

SHARPPOINT BFE BAKED

Pinch of salt

- 1 cup sugar
- 1 cup heavy cream
- 1/2 cup cinnamon plus extra for garnish
- 1/2 cup vanilla extract
- 1 cup fresh raspberries* See Raspberry Salad

1. Preheat oven to 375°F. Spray three 6- or 8-inch cake pans with vegetable cooking spray. Fit a large tartan with parchment paper (cut a circle of paper to fit the bottom of each pan).

2. Remove crusts from bread slices and discard. Grind bread in a food processor until fine. Measure out 1 packed cup of crumbs and put in a medium bowl. (You may have some crumbs left over, depending on the size of the slices; reserve for another use.) Add vanilla and baking powder and mix to combine.

3. In a large bowl, set an electric mixer on high speed to whip egg whites and salt until foamy and soft peaks begin to form, about 30 seconds. Gradually add sugar and continue mixing until mixture becomes stiff and shiny about 1 minute longer.

4. In a separate bowl lightly beat egg yolks on medium until combined.

5. Gently fold 1/4 of the egg whites into the yolk. Sprinkle bread crumbs mixture over the top and gently fold to combine. Fold in remaining egg whites and measure in smooth and no streaks of white are visible.

6. Divide batter evenly among the cake pans, lightly smoothing the tops. Bake until cake is golden brown and edges begin to pull away from pan sides, about 12 to 14 minutes. Turn a little around the middle of each pan to brown cake from sides. Place pans on a wire rack and let cool 10 minutes.

PREP POINT: GRINDING

To grind, cut to a few 1/2-inch slices, then the pulse feature, which gives you greater control. It's very easy to overgrind stuff. When this happens, the bits in the cube are minuscule and you end up with nut butter, which is really, but not right for these scones.

2. Carefully remove each layer from pan, peel parchment from bottom of layer, and place on racks to cool completely. Layers will be delicate and should be handled gently.

3. In a medium bowl, use an electric mixer on medium speed to whip cream until soft peaks form, about 30 seconds. Add creamer and vanilla and continue mixing until stiff peaks form.

4. To assemble cake, place one layer on a serving platter. Spread half the raspberry spread in an even layer, right to the edge of the cake. Top with second cake layer and spread remaining raspberry spread in an even layer, also to the edge of the cake. Top with remaining coffee layer. Spread whipped cream evenly on top and sprinkle with confectioner's granules. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
270 CALORIES 50G CARBOHYDRATE 10G PROTEIN
14G FAT 50 SODIUM 15MG CHOLESTEROL,
DIETARY FIBER 10G

LEMON POPPY SEED TORTE

SERVES 12

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES

This dense, flavor-filled cake is perfect for brunch, or paired with a strong espresso after dinner. May be frozen.

1½ cups dry bread crumbs

1 (12-oz.) jar poppy seeds (about ½ cup found in the Spice aisle)

2 tsp. baking powder

¾ cup salt

6 eggs, separated

1 cup sugar (divided)

¾ cup canola oil

1 tbsp. grated lemon zest

2 tsp. vanilla extract

Confectioner's sugar (optional garnish)

Thin salt slices or lemon (optional garnish)

Blackberries (optional garnish)

1. Preheat oven to 325°F. Spray a 9- or 10-inch tube pan or Bundt pan with vegetable cooking spray.

2. In a medium bowl, combine bread crumbs, poppy seeds, baking powder, and salt.

3. In a large bowl, use an electric mixer on high speed to whip egg whites until frothy and soft peaks begin to form, about 30 seconds. Gradually add ½ cup of the sugar and continue whipping until stiff peaks form, about 1 minute longer. Set aside.

4. In a separate bowl, use an electric mixer to whip the egg yolks until thick and lemon-colored, about 1 minute. Gradually add remaining ½ cup sugar and mix until combined. Add oil, lemon zest, and vanilla and mix until combined. Add bread crumbs mixture and mix until combined.

5. Add ½ of the egg whites to the batter and carefully fold together. Add remaining egg whites and fold until completely blended.

SEPARATION ANXIETY?

Separating eggs for tortes can be tricky. If you're doing it by hand with the whites, they won't whip as properly, but it's OK. If you're using a machine to whip the whites, they will whip up quickly. To separate an egg, crack the egg into a small bowl, pull apart the halves of the shell, keeping the egg in one half. Carefully pour the white into the rest, leaving the yolk in the shell. Pour the yolk into the second half, setting the white just off the inner bowl. Transfer the yolk to a medium-size measuring bowl, transfer the white from the small bowl to a large bowl. When whisking whites, start with clean, dry beaters. Yokes can be reused using the same beaters — no need to wash.



LEMON POPPY SEED TORTE

and mixtures of white cream.
Pour into prepared pan.

6. Bake until golden brown and a toothpick inserted into the center of the cake comes out clean. 45 to 50 minutes. Place pan on a wire rack and, in cake cool, in the pan. 15 minutes, then remove from pan and let cool completely on the rack. To serve, place on a serving plate and dust with confectioners' sugar; if desired, Garnish with lemon slices and Macadamia or dried. Serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 260 CALORIES, 75% CARBOHYDRATE, 10% PROTEIN, 15% FAT (Saturated Fat 10%, Cholesterol 50mg, Sodium 100mg).

CARAMEL PECAN TORTE

SERVES 12

ACTIVE TIME: 1 HOUR, 15 MINUTES
TOTAL TIME: 2 HOURS, 45 MINUTES

The sweet caramel frosting is well balanced by the rich richness of the cake layers. The caramel is not completely cool when you add the butter (the frosting may look curdled when you mix it). When happens, place the butter bowl and beaters in the refrigerator until cold. 10 to 15 minutes (showing will harden slightly) then mix until fully.

Notes

1. Cup dry bread crumbs.
2. Use baking powder.
3. Use 1/2 cup toasted pecans, finely ground.
4. Eggs, separated.
5. Tap salt.
6. Tap sugar.
7. Cup dark brown sugar (packed).

Caramelizing Tip

2. Eggs don't brown sugar (baked)



(CARAMEL PECAN TORTE)

1. Cup 1/2 packed unsaturated shortening (room temperature) and only 12 pieces.
2. Old-fashioned cream.
3. Chopped pecans (optional garnish).

1. Preheat oven to 350°F. Spray two 8- or 9-inch round cake pans with vegetable cooking spray. Place two layers with parchment paper (cut a circle of paper to fit the bottom of each pan).
2. Prepare the cake: In a medium bowl combine bread crumbs, baking powder and pecans.
3. In a large bowl use an electric mixer on high to whip egg whites and add oil, peaks, about 1 to 1 1/2 minutes. Set aside.
4. In a separate bowl use an electric mixer on

high to whip the egg yolks and dark and pale yellow about 1 minute. Reduce speed to low and gradually add sugar and brown sugar. Increase speed to high and mix until very thick, about 3 minutes. Using a rubber spatula, gently fold 1/2 of the whites into yolk mixture until just combined. Fold in remaining egg whites and as much of other mixture. Add yeast mixture to egg mixture, mixture bakes evenly, folding together until well combined.

5. Distribute batter evenly between pans, lightly smoothing the tops. Bake until golden brown, a cake toothpick inserted into the center comes out clean. 25 to 30 minutes. Let cool in pan.

10 minutes, then place on cooling rack. Cool completely before frosting.

6. Prepare the frosting: In a medium saucepan combine brown sugar, 1/2 cup of the butter and cream. Cook over medium heat until butter is melted and mixture is smoothly stirring in a bowl, without stirring and cook until most are melted a consistency when a small bit dropped in some on water does not dissolve — 1 to 1 1/2 minutes. Remove from heat, and transfer to a mixing bowl. With another mixer, beat on high speed until mixture is cool to the touch. 10 to 15 minutes. Add remaining 1/2 cup butter and mix until combined. Frosting should be light and fluffy.

7. In assembly, place one cake layer on a serving plate and egg with half the frosting. Top with remaining layer and frost the top and sides of the cake. Sprinkle with chopped nuts, if desired. Serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 400 CALORIES, 75% CARBOHYDRATE, 10% PROTEIN, 15% FAT (Saturated Fat 10%, Cholesterol 50mg, Sodium 100mg).

Ging, Eric and Kent Fisher are the authors of One Color One Hundred Desserts.



Don't get confused

These recipes present dessert as it is described, indulgent and often as when a host calls his nuts. But a good thing that are high in fat, but I suggest would add oil. They are also rich in vitamin E and manganese. Studies have shown that consuming nuts on a daily basis may help reduce the risk of diabetes and heart disease and may also help lower blood cholesterol.





home
for the
holidays
issue



toasting the holidays

BY LIZ BRUND // PHOTOGRAPHS BY KELLER + KELLER

Bring together
family and friends
for a stress-free
cocktail party

HOLIDAYS ARE ALL ABOUT GETTING TOGETHER. Going to a party is fun, but toasting your own can be especially enjoyable because you get to choose the theme and the company. The trick is to avoid the stress that can come with throwing a party, especially with multiple gatherings for coworkers, family, and friends taking place within the oft-tormented season. A cocktail party provides a welcome casual alternative to a formal, sit-down meal. Prepare simple yet elegant dishes worthy of the festive season, bite-size shares that are easily eaten while holding a conversation and require few or no utensils. Many appetizers can be prepped, and even cooked, well in advance and finished just before the doorknobs ring, giving you plenty of time to mingle.

"We've assembled a quartet of innovative Super 100 members that, thanks to early-onset research and support, have your guests well likely want to sample." From the playful side, it's a feast to work with, providing on-stay to-go and take-home for all kinds of climates. We use them in our very different recipes: Fruit and Rice, Mollusks in Pile, Eggs in a pleasing mix of sautéed meat, vegetables and rice, dried beans — mushrooms, sprouts, and golden onions — and Biscuits. Egg and Sage in the kitchen is a creamy hint of sauté and more, flavors infused of traditional shrimp cocktail, cry-out crunchy coconut shrimp with Tangy Orange Dressing Sauce. And more with the

chapters with lively but like unadorned pages, entitled with words related and to some degree

Complement the warm, casual look with an assortment of classic, ready-made shirts and sweaters, and clever Norel's Place™ accent boards. Place attractive herb-filled wick scented olives and nuts among the most famous specimens, and let the magic begin!

Good food parties are about enjoying our food — but they're also about drinks. Make sure you have a good supply of beverages, both as well as alcohol as guests speaking order and Time of Impromptu® Spiking. Mixed Orange Soda are especially better choices. See "Scheduling the Perfect So" on

page 18 for more ideas. If guests want to, bringing something, request a bottle of the favorite wine. Discussing can be as simple as simply saying it food was great and not affected as water cooler chit-chatting to glasses filled with wine and carbohydrates. By the time your guests arrive, you'll be ready to relax and enjoy the company.

FRUIT AND ROOT MUSEUM

INTERVIEWER: OK, CLARIFY
 ACTIVE TIME, DOWNCAST
 FROM 11:00 TO 11:00

[illegible]

• The sometimes-bitter and a variety of healthy finger foods, easy-to-eat desserts like chocolate, milk, dried fruits, apples, and more.

Red Rock Merlot holds its own with larger classes and meaty smoky foods. Pinot Noir pairing is light on the viscous-red remains enough to pair with spicy ethnic foods. Robert Mondavi Pinot Noir. Search for Ringed Hair features I will and only flowers that sample next time. Finally, even its legs. And Chloé de (de) Chandon is good on its own or paired with light. But [read this](#) for more.

Naturally sweet currents and sweet poisonous combinations with a hint of alcohol from the current and savory appetizers. The filling may be prepared several hours in advance. [Recipe](#) may be helpful.

- [illegible]

PARTY PLANNING

Use these general guidelines for how much food and drink to serve at a spirited party that will not be followed by a meal.

- **Half difference:** I have to ask half as many people per question
- **Half double:** I ask per question the first hour one and each hour after that
- **Half half double:** per question
- **Double one:** per hour per question
- **Double half:** two per question the first hour, one each hour after that



FRUIT AND GOOD HEALTH
BUTTERFLY BUNDS

Bite-size sweet
and savory
hors d'oeuvres
are perfect for
a casual cocktail
party.



1. Preheat oven to 300°F. Place phyllo shells in one baking sheet.

2. In a large bowl, mix together sweet potato, carrots, and ginger. Add onion, cauliflower, and raisins and mix well. Set in oil, then tomatoes, cucumber, and cauliflower (if using). Set on heavy.

3. Fill each phyllo shell with ½ cup filling. The oil filling (which will be piled high).

4. Bake for 12 to 13 minutes, until slightly crisp. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
150 CALORIES, 25% CARBOHYDRATE, 15% PROTEIN,
60% FAT (SATURATED: 10%, CHOLESTEROL: 10%),
SODIUM: 10% FIBER.

COCONUT SHRIMP WITH TANGY

ORANGE DIPPING SAUCE

SERVES 10

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES (NO BAKING IF USING
PRECOOKED SHRIMP)

These are the perfect finger food. Panko bread crumbs give the crust a nice crunch and turn golden brown when cooked.

- 1½ lbs. raw peeled and deveined large shrimp, with tails on
- ½ cup orange marmalade
- ½ tsp. lime juice
- 1 tbsp. fresh lemon juice
- 1 tsp. brown sugar (or any sweetener)
- 4 eggs, beaten
- 1½ cups breaded coconut (found in the Oriental & Japanese aisle or baking section)
- ½ cup panko bread crumbs, found in the bread section
- 3 tablespoons
- ¼ cup coconut milk

1. If using frozen shrimp, thaw by placing in cold water for 1 minute, then draining to drain in a colander for 10 minutes. If using fresh shrimp, rinse and drain.

2. Prepare sauce. In a small bowl, combine marmalade, lime juice, fresh juice, and any sweetener. Cover and refrigerate until ready to serve. May be prepared a day in advance.

3. First coat shrimp in a deep plate or bowl

with medium-high heat for 3 minutes until oil is hot, but not smoking.

4. While oil is heating, prepare breading and egg wash. In a shallow bowl, combine coconut and panko and mix well. In another shallow bowl, whisk egg whites and coconut milk together and mix well. In the shrimp dry, toss the oil by shaking a few drops of water over the surface. If shrimp quickly run into the egg, the oil is ready for frying. Shrimp are fried shrimp by the tail, dip in the egg wash, then dip in the coconut mixture to coat, and drop into oil. Continue this process until frying pan is full. Do not overcrowd; about 7 to 8 shrimp at a time. Cook first side of shrimp for 2 minutes. Use tongs to turn and cook on second side for another 2 minutes, until both sides are golden brown. Place on paper towel to drain. Repeat with remaining shrimp. Serve warm with chilled dipping sauce.

HUMMUS HELPERS

Great with creamy white hummus and red (fresh) ingredients, herbs, and oils for a beautiful and tasty accompaniment for your most filling appetizers. Carve it into skewered cherry tomatoes, bread sticks, vegetable wedges, or use as a dip. Try any of the following ingredients to enjoy your container of plate hummus.

- Taste of ingredients? Fresh red tomatoes, dill, olive oil
- Roasted vegetables and eggplant
- Carved roasted red peppers, chopped
- Pappadum, red pepper flakes
- Kalamata olives and capers
- Dried tomato, herbs, and chopped parsley

COCAIN-SPICED SHRIMP ON CAJUN



'Tis the Season: Health Benefits to Savor

SPICE	ACTIVE COMPONENT	POTENTIAL HEALTH BENEFITS
Cayenne	capsaicin, myristicin, benzoin	anticoagulant, may help relieve indigestion, ulcers, hemorrhoids
Capsaicin, chili powder, paprika	capsaicin	metabolism and immunity benefits, eased heart rate, pulmonary
Cinnamon	cinnamylaldehyde, eugenol	improved blood sugar, insulin levels of cholesterol, and blood pressure-lowering effect
Clove	eugenol	anticoagulant, analgesic, antiseptic, antitumor, anti-inflammatory
Cumin	aliphatic, phenolic, alpha-lipophilic, benzoinoids	digestive relief, anti-inflammatory, may relieve symptoms of arthritis and diabetes
Ginger	gingerol	digestive relief, anti-inflammatory, immunity benefits, antidepressant
Turmeric, saffron, saffron	curcumin	anti-inflammatory, antitumor, cholesterol-lowering

1. Olive oil, 1 cup; frozen salted butter, 1/2 cup
2. 1/2 cup (1 can) cauliflower florets, drained and rinsed
3. 1/2 cup (1 can) cauliflower florets, drained and rinsed
4. 1/2 cup (1 can) cauliflower florets, drained and rinsed
5. 1/2 cup (1 can) cauliflower florets, drained and rinsed
6. 1/2 cup (1 can) cauliflower florets, drained and rinsed
7. 1/2 cup (1 can) cauliflower florets, drained and rinsed
8. 1/2 cup (1 can) cauliflower florets, drained and rinsed
9. 1/2 cup (1 can) cauliflower florets, drained and rinsed
10. 1/2 cup (1 can) cauliflower florets, drained and rinsed

1. Heat oil in a large pot over medium heat. When hot, add shallots, onion, carrots, and celery. Cook until the vegetables begin to soften, about 1 to 2 minutes. Add cauliflower and 1/2 cup of the broth. Cook and stir until cauliflower is coated with the spices. 2. Increase heat to medium-high. Add remaining vegetable broth and bring to a simmer. Add squash and beans, stir well, and return to a simmer. Cover and cook until cauliflower and squash are tender, about 10 minutes. 3. To serve, divide among six bowls. Top each bowl with a dollop of yogurt and a sprinkling of pumpkin seeds. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (BEFORE ADDING THE CAULIFLOWER): 140 CALORIES, 2.5 GRAMS OF CARBOHYDRATE, 10.5 GRAMS OF FAT, 1.5 GRAMS OF PROTEIN, 1.5 GRAMS OF FIBER



MOROCCAN BEEF HARIRA SOUP

SERVES 4
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 20 MINUTES

Harira is being up some of the world's most notable open markets, so it's no surprise that harira, one of the country's national dishes, is full of robust, hearty spices. Recipe may be halved.

1. Top with oil
2. Top with whole wheat flour
3. Top with whole wheat flour
4. Top with whole wheat flour
5. Top with whole wheat flour
6. Top with whole wheat flour
7. Top with whole wheat flour
8. Top with whole wheat flour
9. Top with whole wheat flour
10. Top with whole wheat flour



DAIRY

A serving of low cream =
3/4 cup, about the size of a tennis ball



A serving of chicken = 3 oz.,
about the size of a pair of dice



PROTEIN

A serving of meat, poultry, or
seafood = 3 oz., about the size
of a deck of cards



VEGETABLES

A serving of vegetables = 1 cup
about the size of a baseball



FRUIT

A serving of fruit = 1/2 cup
or 4 oz. (e.g., about the size of
your computer mouse)



FIBER

Two servings of fiber = 1 bowl
the size of a hockey puck



Keeping Portions in Proportion

If you're trying to control your weight, one of the toughest challenges is keeping serving sizes in proportion. How do you know what's enough when so many portions in restaurants have become oversized? Above is a visual guide that can help you determine the right portion size for meals and snacks. Sometimes how much we eat is just as important as what we eat when it comes to controlling weight.

Dip into Dinner

Catchier sound for Bondage, a fun and easy party classic

Source: *Journal of the American Statistical Association*, 93(463), 1301-1312.

Fashion is truly interactive, doing as much for the social experience as for the wide range of different tastes that can flavor the adaptable dress. We've come a long way from brocade's origins as Courtland's where, during long, cold winters, ladies would slide into it from one pair of hand-drawn mules over an open fire. Today, brocade is as casual, party and where you see "lots of inspiration" products, you can easily create an ensemble that makes a unique and an occasion.

In our Surf Powder Classroom, a screened-in hot-tub beach cools and thins, then finally dries, disappearing. Angles, Sand Spots, Frets with stile, wet, waxes add in the line (also, especially, will have the present dipping ends). Of course, these bands in the clouds, and we offer two other Surf using, important, clouds. New England, from-inches, Cheddar-Chesterbury, Fossil, while we go, coats of the bands for Spicy Peppers, Jack, Banana, Powder.

There are several levels of ladder protection on construction: glass, or rigid. Rigid sets include the job and a burner unit to keep the construction warm, as well as long dipping tanks. But you don't need a special ladder set to make ladder-free work on your hill. No matter what you use

through their unique involvement in the "unavoidable division" into different nations.

DATE RECEIVED DATE TOLATED FROM

FIGURE 4. Change in α with time for the 1000°C anneal. The α values were determined from the α phase fraction determined from the XRD patterns.

This is a mild Minnesota style cheese fondue with gentle heat. For a spicier version, add a few drops of hot sauce. Recipe may be halved and may be frozen.

[illegible]

- 1 In *Impatiens* Pepper Jack Cheese from the Cell counter
- 1 Tangy cauliflower
- 1 Bag Impatiens Cauli Slipping Cell
- 1 Jar (125) of Impatiens Red Pepper and Tomato Bruschetta in Impatiens Tiramisu Bruschetta
- 1 In 1120 (great chocolate) and possible in the house
- 1 Cup Super Beer
- 1 Another Green (strong) Third round around the

© 2000 Blackwell Science Ltd
Journal of Internal Medicine 247: 355–362



1. 日本銀行券の発行と流通の状況

For details about all of these features, visit ibm.com/ibmcloud. And if it's also a great customer story, when you include these requests for support, you automatically share a great one. The IBM Cloud Channel is full of ideas of inspiration.[®] Arguably, that's what we do best. And that's why we're a leader in the cloud.

- **Conifers**
- **Gymnosperms**
- **Needle-like, waxy leaves**
- **Brown** (bark, stem or stemmed lightly)
- **Coniferous forests** (now or almost light)
- **Grows in stony habitats**
- **Grows in cool, moist**
- **Forest (mostly in the temperate)**

It has large, anemone, centers of branches, and chocolate-pink powder. Heat over medium heat for 1 minute, then mix in hot Gouda, stirring occasionally and just starting to bubble around the edges about 2 to 3 minutes. Reduce heat to medium-low and add the cheese one handful at a time, stirring and allowing it to melt completely between each addition. Stirring might look like it's melting in the beginning, but it will stretch out by the end.

APPROXIMATE HISTORICAL VALUES BASED ON A
TYPICAL MIXED-USE CHILDREN'S RECREATION
CENTER. (NO PROBLEM WITH THE RECREATION
SOLUTIONS, BUT THE PROBLEM IS THE

THESE 4 CLIPS ARE COMBINED
ACTING TOGETHER TO IMPROVE
YOUR OWN PERFORMANCE

100

- 1 1/2 cups inspiration: nonpareils Cheddar Cheese: from the Refrigerator
- 1 1/2 cups inspiration
- 1 1/2 cups inspiration: Creamed Black Pepper Dressing Oil
- 2 1/2 cups inspiration
- 1/2 cup inspiration: Candied Apple Chutney
- 1 cup the whole: from the whole: from the whole



Surprisingly, unlike Canada's elite, it's great with Spicy Pepper, And Tomato Sauce. For dishes that inspire Natives and Indians, like our Chester-Champagne Poutine, you'll want a well-balanced meal, such as Golden Family Wagon's Banana Reserve Chaudron. With West Flanders Chocolate, it should go with the Old French Bratwurst. A Marinated Potato will hold its well because of the dose of white-onion-bacon, and sticky-buck heat. Bonet.

- Cajun Nature's Place™ All Natural French Roast®
- Grilled pepperoni-stuffed bread
- Grilled mushroom burger
- Apple and pear salad
- Cauliflower florets
- Chunks of roasted potato
- Shrimp cocktail (2 pieces per person)

3 Transfer cuttings to a flower pot and keep water and humidity high. Cover immediately with your choice of plastic or small house.

APPROXIMATE MEASUREMENT VALUES BASED ON A
TYPICAL, 100-CAUTION, 1-40 CLASSIFICATION
DRAWING: 100 PROPORTION, 100% OF THE MEASUREMENT
VALUES ARE BASED ON THE MEASUREMENT OF THE

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES (INCLUDES
PRACTICE PLUS THE QUIZ)

What served in France (the version of
 similar is called French Cheese, in some



Rotisserie Chicken Goes Global

A passport (and shortcut) to a world of flavors

BY LARABE PERRY PHOTOGRAFIA.COM/STYLING: JESSICA HARRIS

Any way you slice it, a rotisserie chicken offers a splendid, sometimes dinner option. Our cooks feature several variations. Flank Seasoned (gently locked up with a blend of salt and spices) Italian style (and Roma's Place® Original). Carved and served with a quick side (see our suggestions on page 48), there are few meals more simply delicious. But, rotisserie chickens aren't just a feast for

eyes; when there's no time for cooking — they also offer a huge head start on creative chicken-based recipes — reminding their particularly welcome around the holidays.

Letting us ease the bird can free you to create quick and easy dinners that use anything but. A 3- to 3-potential rotisserie chicken will yield at least 3 cups of excellent meat — enough for the recipes here or countless other dishes — offering

an instant foundation for soups, stews, salads, and much more.

Beyond their obvious charm, rotisserie chickens also make it easy to try new cuisines. We looked to four continents for inspiration: Mexico, India, Greece, and Spain. You can find flavors from all these cuisines in our meals and use them to create four very different dinners. Chicken and lime season the Mexican fajitas, while coconut milk and

MEALS IN MINUTES

and coconut milk. Add chicken and stir gently to combine. Bring to a simmer, reduce heat, and cook over medium-low heat, covered, for 5 minutes.

2. Just before serving, stir in green beans and ½ cup of the water. The mixture should be just thick enough to hold its shape. Add more water if needed. Gently fold in

spread and cook until just mixed. About 1 minute. Stir in heat paste and cilantro. Serve hot, with lime wedges on the side. *5 minutes*

AFRICAN-INSPIRED TUNISIAN SALAD, FOR SERVING 4
 400 CALORIES, 100 CARBOHYDRATES, 180 PROTEIN, 100 FAT AND SATURATED, 30MG CHOLESTEROL, 10MG SODIUM, 40 FIBER

CHICKEN SOUVLAKI WITH TOMATO AND RED ONION SALAD

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 35 MINUTES

The sunny flavors of fresh lemons, olives, and oregano point a southern chicken from the Deli straight toward Greece, no matter which way it is used in catering. Piled on warm flatbread and topped with a simple tomato salad and Greek yogurt, this chicken souvlaki is the essence of rustic, homey cooking bygone styles. It's been made with cold leftover chicken, and the chicken mixture may be prepared a day in advance and stored in a sealed container, refrigerated. Recipe may be halved.



WINE PAIR

The ripe citrus, berry, and tropical fruit flavors of Merlot, Pinot Noir, Sauvignon Blanc, and Chardonnay add a note of elegance to Southeastern dishes like our Little Caesars Chicken Fajitas. Winos of Chardonnay with an apple note and subtle body flavor matches chicken dishes like our Chicken and Cornucopia Cornmeal. The spicy notes and crisp tanginess of Pinot Noir Sauvignon Blanc complement amounts of depth and life to hearty dishes like Roast Chicken and Cheddar Fajitas. Chicken and berry combinations like Chicken Spinach with Tomato and Red Onion Salad are dynamic with the sweet and plummy crispness of Bordeaux Chardonnay.



Chicken

- 4 Butterflied or split (2 1/2 to 3 lb) 1 pkg 1
- 2 Tbsp olive or veg oil
- 3 Tbsp fresh lemon juice divided
- 1/4 tsp dried oregano
- 1/4 tsp kosher salt, divided
- 1/4 tsp freshly ground black pepper
- 3 cups shredded or roughly shredded cold zucchini chicken
- 2 tsp white wine vinegar
- 1 Tbsp finely shredded lemon peel
- 1/4 tsp honey
- 1/2 pint grape tomatoes, halved lengthwise
- 1/4 small red onion, finely sliced
- 1 packing cucumber, peeled, quartered lengthwise, then sliced widthwise
- 3 Tbsp pitted kalamata olives, halved
- 1 (4-oz) container full-fat Greek yogurt, stirred smooth

1. Preheat oven to 350°F. Wrap the butterflied or split in foil and place in oven to roast.
2. Make the marinade: In a large bowl, whisk together olive oil, 2 Tbsp of the lemon juice, oregano, salt, and pepper. Toss the 2 Tbsp of the marinade in a medium bowl and reserve. Add the chicken to the large bowl and toss gently with remaining marinade.
3. Set the remaining 1 Tbsp lemon juice, vinegar, honey, and oregano aside in a medium bowl. Add tomatoes, onion, cucumber, and olives, and toss gently to combine.
4. Remove chicken from the oven. In a bowl, spread a line of the yogurt over each flattened or split. Drizzle the chicken with the 4 brands, then top with the tomato and onion salad. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
470 CALORIES, 45% CARBOHYDRATE, 20% PROTEIN,
35% FAT (20 SATURATED, 15% MONOSATURATED,
5% TRANS) 10% FIBER 10

ROAST CHICKEN AND CHORIZO PADILLA

SERVES 4
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 90 MINUTES

FLAVORFUL SIDES IN A FLASH

- **Spiced Butterflied Squab:** Cook breast-side butterflied squab according to package directions. Stir in a few pinches of oregano, paprika, and 2 Tbsp shredded coconut.
- **Braised 1-lb Chicken:** Cook breast or thigh breast (skin on), then toss with olive, virgin olive oil, fresh lemon juice, freshly ground black pepper, and fresh or dried oregano.
- **Roastin' Chicken:** Start with "Toss of Inspiration." Sprig the aromatic, chopped, organic or organic lettuce. Grizzle with lemon wedges, chopped green onions, sliced mushrooms, and pitted (stirred) red peppers. Toss with olive oil, red hot wine vinegar.
- **Chicken-Bacon Rice and Beans:** Cook rice/beans, ready rice according to package directions. Stir in sliced onions, chopped fresh cilantro, and 1 (4-oz) can pinto beans, cheddar, and chicken.

A tender, juicy
robtisserie chicken is
the ideal foundation
for a quick and easy
dinner bursting with
international flavors.

- 1/4 tsp, freshly ground black pepper
- 1/4 cup, lemon juice
- 1/4 cup, dry white wine
- 1 (4-oz) can, red hot added olive tomatoes, drained
- 1 (2-lb) container, chicken, cut in 4 pieces
- 1/4 cup, brown onion
- 2 Tbsp, roasted/brined onion

1. Preheat oven to 425°F. In a small ovenproof container, broil and sauté, and broil to a medium over medium high heat.
2. With broth, heat, add of 1/4 a large tomato, oven, red chicken, and heat over medium-high heat. Add sausage and point 1 minute. Add onions and garlic, and wait 1 minute more. Season with paprika, salt, and pepper. Add rice and onion to cook. Stir in wine, then drained tomatoes and onion, broth. Transfer chicken to the oven and bake 15 minutes.
3. Arrange chicken over the rice, swirling the pieces gently and scatter peas over the top. Do not stir the rice. Chicken, baking, until chicken is heated through, about 5 minutes. Remove chicken from the oven and let rest a few minutes before serving. Sprinkle peas over the top and serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
470 CALORIES, 45% CARBOHYDRATE, 20% PROTEIN,
35% FAT (20 SATURATED, 15% MONOSATURATED,
5% TRANS) 10% FIBER 10

Padilla is a delectable rice-based dish from Spain that can be eaten accompanying rice, potatoes, and olive, lemon, sautéed. This healthy rice, tomato, onion, and olive, chicken, and Spanish chorizo sausage. It's a quick enough for a weeknight dinner, but healthy enough to serve as company.

NOTE: The key flavoring for padilla is saffron — a herb that's long used, and saffron will keep for a long time in a well-sealed container stored in a dark location.

- 2 cups, low-sodium chicken broth
- 1/4 cup, olive oil
- 1/4 cup, chorizo sausage, cut in 1/4-inch rings
- 1 cup, kalamata, halved, drained
- 2 tsp, tomato paste
- 1/4 tsp, smoked paprika
- 1/4 tsp, kosher salt

Cool-Weather Cooking

Enjoy satisfying, easy-to-prepare dinners from Hannaford



READY IN 15 MINUTES

Salmon and Spinach Sauce

Main: Taste of Inspiration® Salmon and

Spinach Sauce with Vegetables

Apply the frozen date to pick up the complete meal, which serves one. Cooking time supports Penne's sauce-entrees (the salmon and vegetables) - carrots, Romano beans, and broccoli. The meal includes a healthy serving of quinoa.

Side: Quinoa Salad

From Hannaford, pick up a package of Fresh Express Caesar Side Salad - it comes complete with chopped romaine lettuce, dressing, and topped croutons.

Dessert: No Sugar Added Apple Pie

Find whole and half pints in the Bakery. If desired, pick up extra frozen yogurt from the frozen aisle for a 10 minute option.

INSTRUCTIONS: Preheat oven to 350°F. Heat Salmon and Spinach Sauce in microwave according to package directions. Top salad with dressing and croutons. Place pie in oven to heat 15 minutes while you enjoy the meal. Cut pie and, if desired, serve it up topped with a scoop of frozen yogurt and a sprinkling of cinnamon.

Apricot-Glazed Ham

Main: Apricot-Glazed Ham Steaks

Pick up (and/or) Hannaford's Smoked Bone Brisket from the Meat department and Nature's Place® (Organic) Low Sugar Apricot Preserves in the Grocery & Natural department.

Side: Roasted Broccoli Sprouts

Pick up a pound of broccoli sprouts from Produce.

Side: Hannaford's Butternut Squash Noodle

You'll find the recipe in the (or the) Cook, cooked and ready to heat. (Preheat) Taste of Inspiration® Pineapple Upside Down Cake (also by the frozen aisle for this healthy pineapple topped cake)

INSTRUCTIONS: Preheat oven to 350°F. Defrost cake in microwave according to package directions. Line a baking pan with foil grease and place the steaks in pan. For each steak, use a 1/2 cup apricot preserves with just enough water to thin slightly. Sprinkle over the steaks and cook for 10 to 15 minutes until meat is tender through. Steam to cook sprouts (broccoli, butternut squash, and butternut) in a steamer with water or chicken broth. Cook until tender about 10 to 15 minutes. Drain, toss, squash in microwave. Serve ham with sprouts and butternut squash, and serve pineapple cake for dessert.



READY IN 30 MINUTES

create & celebrate with delicious choices

Looking for simple ways to wow your family and friends this holiday season? With these delicious recipes, it's easier than ever. For more great recipes and entertaining tips visit www.cheesecake.com/celebrate



New President's Best Log Cakes

The new New Log's unique long shape makes it easy to cut, serve, and eat. Enjoy an rich, creamy deliciousness on your favorite assorted crackers.

Place one President's Best cake on each cracker. Top with your favorite signature combinations:

- *Ripe, red cantaloupe or pineapple
- *Apple or banana, walnuts, cinnamon, honey
- *Cheesecake and nut crumble

Sorrento® Traditional Lasagna

- 3 box lasagna noodles (cooked al dente)
- 3 pounds ground beef
- 2-1/2 oz. Sorrento® Ricotta Cheese
- 1/2 cup ground parmesan cheese
- 3 cloves garlic, minced
- 1/2 cup fresh chili paste
- 1/2 teaspoon fresh chopped basil
- 2-1/2 oz. jar of tomato sauce (for sauce)
- 4 cups Sorrento® Mozzarella Cheese

Preheat oven to 350 °F. Cook pasta as directed, cool, and set aside. Brown ground beef drain excess grease. Set aside. In bowl mix ricotta, parmesan cheese, garlic, chili paste, basil. For each layer of meat on bottom of 13x9x2 baking dish. Lay 4 pasta noodles, spread 1/2 of sauce mixture on pasta, spread 1/2 ground beef mixture, layer 1/2 mozzarella cheese, repeat layers to top. Finish with 4 pasta noodles, cover with tomato sauce and mozzarella. Bake 30-40 min in oven/covered throughout. Let stand 10 min before serving.

Sorrento®





helps fight hunger

easy ways to contribute while you're in our stores



fund a feast

Starting November 1:

Purchase a fund a feast box that's filled with the essentials food banks told us they need the most. We'll deliver them straight to your local food pantry and give you a coupon book with over \$50 in savings in return.

Donate at the Register

Starting November 29:

Donate \$5 at the register to your regional food bank and get a coupon book with over \$50 in savings in return.



Buy 1 Give 1

Starting November 29:

Look for "buy 1 give 1" tags on select Hannaford brand items. For every one you purchase, we'll donate one to your regional food bank.

Together, we're making a real difference for families in need.

Last year, you donated 83,411 fund a feast boxes, 19,218 cans of soup, 17,185 boxes of cereal and \$95,743 to local food banks and organizations throughout Maine, Massachusetts, New Hampshire, New York and Vermont. Thank you for helping Hannaford help families in need.



0164 1263-993004